

Child health information factsheet

Bowel preparation for colonoscopy

Your child's appointment for a colonoscopy is

You can read more about a colonoscopy in the colonoscopy information leaflet.

A laxative called Picolax is used to clear the bowel of faeces (poo), so that the doctor can see clearly inside the bowel.

You have been given two doses of this medicine. Please follow the instructions carefully to make sure the bowel is properly prepared for the investigation.

Two days before the colonoscopy

Eat light meals from the foods allowed list below. Make sure your child does not eat or drink any of the foods on the foods to be avoided list.

One day before the colonoscopy

9am: have a last small snack such as plain biscuits and apple juice.

9.30am: Mix up all the first sachet of Picolax. This is made by dissolving the powder in 50mls of water. The mixture becomes warm and fizzes. Wait until it settles, then add another 50mls of water. Mix well and measure out the dose for your child (see the chart below). It should be drunk as quickly as possible.

Dose of Picolax

Age	9.30am	3.30pm
One to two years	25mls (1/4 sachet)	25mls (1/4 sachet)
Two to five years	50mls (1/2 sachet)	50mls (1/2 sachet)
Five to ten years	100mls (1 sachet)	50mls (1/2 sachet)
Ten + years	100mls (1 sachet)	100mls (1 sachet)

Throw away the remaining Picolax mixture after the first dose and make a new mixture for the second dose.

3.30pm: The second dose should be given (six hours after the first).

After taking the first dose of Picolax, your child must not have anything to eat. They can have clear fluids to drink like water, clear lemonade, apple juice and diluted squash. They can also have some jelly.

Your child should drink as much clear fluid as possible regularly throughout the day so that they do not get dehydrated.

The medicine can work quickly and with little warning, your child will have to use the toilet many times during the course of the treatment and your child may have stomach pains. You should keep your child off school on this day. By the end of the day your child should be passing loose, watery poo.

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On the day of the colonoscopy

If your child is having the procedure in the morning they can have a final clear drink of water or diluted squash before 6am. You will need to be at the hospital for 7.30am.

If the procedure is planned for the afternoon the last drink can be taken at 11.00am and you will need to be at the hospital at 12.30pm.

Advice

- Don't use blackcurrant as a mixer as it turns the liquid blue and may put your child off drinking it
- Have a drink of lemonade ready to help take the taste of the Picolax mixture away
- Make sure your child takes all of the stated dose of Picolax mixture
- Make sure your child drinks plenty of fluids
- Give your child paracetamol for any stomach ache
- Don't send your child to school on the day of bowel preparation
- Don't go far from a toilet.

Foods allowed	Foods to be avoided
<ul style="list-style-type: none">• White bread and white rolls• White pasta and white rice• White flour biscuits and cakes, tea biscuits, shortbread, plain sponge cake• White cream crackers and water biscuits or crisp bread• Breakfast cereals (without milk) like rice crispies, cornflakes, sugar puffs• Eggs, cheese, butter, margarine and spreads• Ice cream and jelly• Smooth yoghurt (no fruit pieces)• Fruit juices• Boiled or mashed potatoes• Tender lean meats ham, chicken, turkey (nuggets and drummers)• White fish (not battered)• Sugar, honey and syrup• Jelly varieties of jams (no seeds, pips or whole pieces of fruit)• Boiled sweets, pastilles and chocolate.	<ul style="list-style-type: none">• Wholemeal, wholegrain, whole-wheat, brown or granary bread and rolls• High fibre white bread like "Champion" or "Mighty White"• Whole wheat pasta or brown rice• Whole wheat crackers or crisp bread• Fruit cake• High fibre breakfast cereals like bran, bran flakes, weetabix, shredded wheat, muesli and porridge• All fruit and vegetables, including dried fruit and pulses like beans, peas and sweetcorn• Salads, jacket potatoes, nuts and peanut butter• Jam (see foods allowed)• All skins, seeds pips and stalks• Sweets that contain nuts or dried fruit• Twiglets or savoury snacks containing nuts and pulses• Chutneys and pickles.

If you have any questions or concerns please contact

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If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone 023 8079 4688 for help.